



Volume 38

Issue 12

December 2019

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<https://rowe-ma.gov>

*Dedicated to Encouraging
Information Exchange
Between All Town Departments
and All Citizens*

THE Rowe Goal Post

Established 1975

Classic

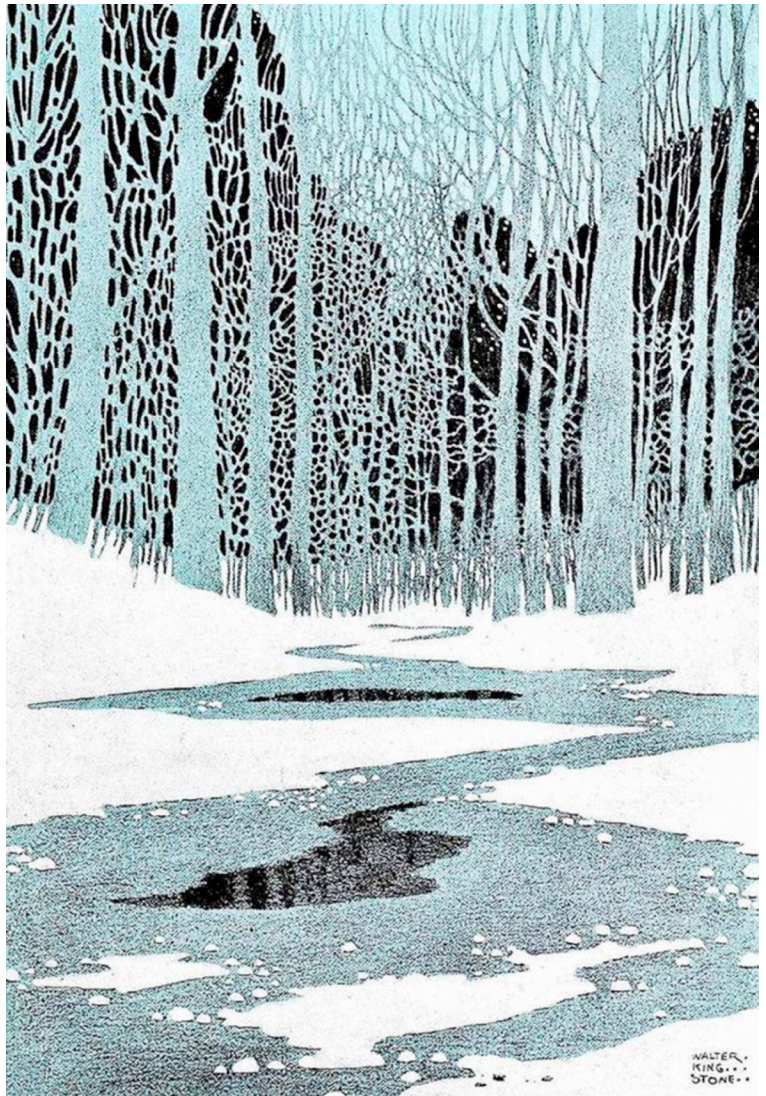


Illustration by Walter King Stone (1875 - 1949)

“December's wintery breath is already clouding the pond,
frosting the pane, obscuring summer's memory...”

John Geddes A Familiar Rain

Editor's Message

Submitted by Sue Alix Williams

Another month come and gone! November started off really mild but then we saw some pretty chilly nights with the temps going down into the upper single digits and low teens by the middle of the month. A nice snow flurry came on the 19th which didn't last too long, but was pretty while it was falling with big fat flakes. But as I write this on the 26th the temperature is hovering around 50 degrees. I'm happy that more people have started submitting articles & pictures and thrilled that two people saw Bigfoot and sent me pictures! Keep it up!

Congratulations Bob Clancy!

This year's Holbrook Award from the Foundation for Educational Excellence was granted to Bob Clancy for his past service and leadership within the Pioneer Valley Regional School District.

"This really is for the great staff and volunteers that I worked with," Clancy said humbly, as he accepted the award Wednesday. "I couldn't have done a fraction of anything I did without that staff, parents and volunteers. ... The kids are what it's all about".

Clancy served as principal at Bernardston Elementary School for eight years, and concurrently filled the same role at Pearl Rhodes Elementary School in Leyden for the last two of those years. He also spent five years with the Mohawk Trail Regional School District, coordinating the renovation and rebuilding of its schools; worked at Ralph C. Mahar Regional School and within the Boston public schools; and served as a teaching principal at Rowe Elementary School for 13 years before coming to the Pioneer school district.

According to the release, Clancy has a bachelor's degree in fine art and education, and a master's degree in education administration, both from the University of Massachusetts Amherst. He also served in the U.S. Army for three years.

Although Clancy retired at the end of the 2018 to 2019 school year, he kept a hand in education, serving as the interim principal for the Royalston Community School during its search for a new principal this fall. He lives in Rowe with his wife, Lisa Miller, and their son Liam, who attends Greenfield Community College. Their son Sean is attending Westfield State University.

Clancy's name has been added to a plaque that hangs in the Pioneer lobby, recording the names of Holbrook Award recipients.

-Excerpted from the Greenfield Recorder 11/22/19



"See how the vegetation has been trampled flat here, Jimmy? That tells me where a deer bedded down for the night. After a while, you'll develop an eye for these things yourself."

Town Clerk

Submitted by Paul McLatchy III

It's hard to believe that in only a month, town nomination papers are going to be available for circulation. In the January Goal Post, I will be including small blurbs about all the offices that will be open for candidates, as well as more information about the upcoming state and federal elections in the new year.

Please consider running for a town office- it's a great way to get involved in your local community and have an impact on programs that affect your life. Do you use the Park a lot? Run for Park Commission. Like record-keeping and find elections fascinating? Run for town clerk. The Finance Committee is a wonderful way to learn about the town budget and where your tax dollars go. If you are an incumbent, you will receive a postcard in the mail informing you that your term will be expiring, and that you will need to take out papers or mount a write-in campaign should you wish to stay in office.

I am continuing my work on scanning old minutes to the website. Because there are so many binders filled with minutes, it's a bit of a free-for-all, and when I finish with one I just pick up the one next to it. Therefore, there will undoubtedly be gaps in the years until the project is finished. But, keep checking the website!

The Board of Selectmen have tentatively scheduled a special town meeting for December 19th. The last day you can register to vote for town meeting will be Monday, December 9th. Special voter registration hours will be held between 2-4 p.m., and 7-8 p.m. If you are not sure you are registered to vote, please contact the town clerk's office.

My office hours continue to be 7:00-8:00 a.m., and 4:30-5:30 p.m. on Monday, Tuesday, Thursday, and Friday. I am more than willing

to make appointments for those that cannot come during those hours, and if you have a simple matter you can also come see me down the hall in the administrative offices between 8:00-12:00 and 12:30-4:30 those same days.

Planning Board

Submitted by David Roberson,
Planning Board Chair

The Planning Board needs a fifth member! Do you care about land use in Rowe? Would you like to be able to help shape how the town grows and develops? Do you want to protect what you love about Rowe?

The Planning Board is an elected board that acts both in an advisory role to research and recommend zoning bylaws and plans for Rowe, in addition to deciding on special permits and subdivisions. It's a critical board for the functioning of the town and it is important that the board have a full complement of five members, and there's currently an opening on the board that needs to be filled until next year's elections.

This is a great opportunity for someone who thinks they might be interested but isn't quite sure whether they want to commit. There will be two open seats on the ballot in May, for a two year and for a five year term. Interim appointment to the open position will be made by joint vote of the Planning Board and Board of Selectmen.

Our next meeting is scheduled for December 4th at 6:15 pm in Town Hall. Any interested residents are encouraged to attend and/or call David Roberson at 339-4220.

Board of Health

Submitted by Joanne Semanie, BOH Clerk

Job Opening

The Board of Health is currently looking for relief attendants at the Refuse Gardens. The hours include weekends when needed. This position is to cover the current attendants when they are out due to illness. Please contact the BOH office at 339-5520 ext 16, leave a message and we will get back to you.



Happy ice

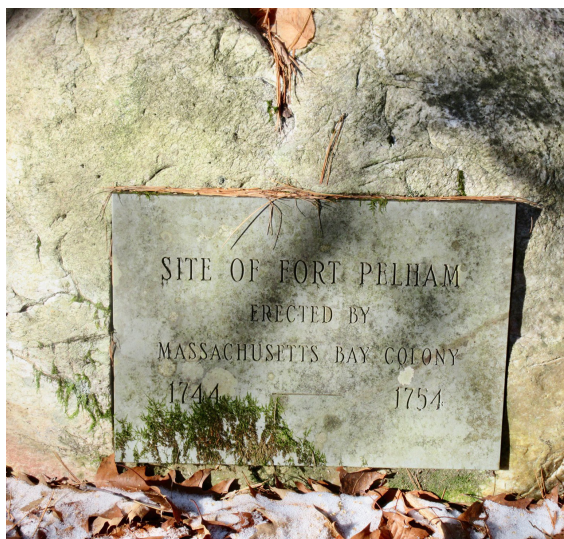
Photos by Sue Alix Williams

Wednesday Hikes with Nan

Wednesday, November 13th, cold but beautiful sunshine! We hiked the Fort Pelham Trail from Ford Hill Road to Pelham Lake. The Fort (1744-54) was one of "The Line of Forts" during the French and Indian War. We crossed the little stream of Pelham Brook and climbed the hill to the Fort site. The stone wall of later vintage robbed the stones from the Fort. Our founder, Cornelius Jones, was said to have camped at the remains of the Fort when he first came to town in 1762. Interesting history for our small town!



Ken Fensky, Nan Williams & David Primmer



Photos by Nan



David Primmer, Barbara Butler Primmer & Ken

Rowe Town Library News

Submitted by Molly Lane, Library Director

Library Hours: Tuesday & Saturday 10-5, Wednesday 10-8



Programs:

Kids: Craft Wednesdays: each school early release Wednesdays @ 2:30pm

December 4th – repurposed book page ornaments

December 11th- Holiday parties-decorate the library tree, make an ornament and Hanukkah latkes and play Dreidel.

Adults: Monday December 16th @ 2:15pm Book Club

Pick up your copy of
“Where’d You Go, Bernadette”
at the front desk of the library

Contact the library if you would like to be put on
our email notifications for programs.

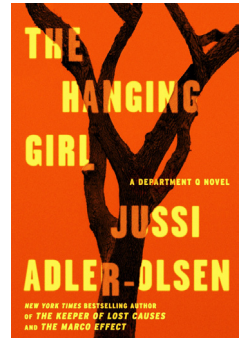
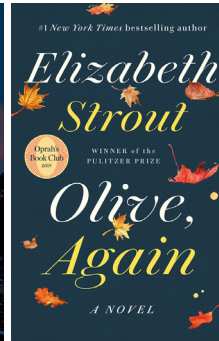
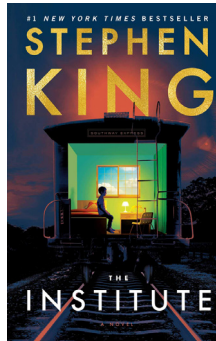
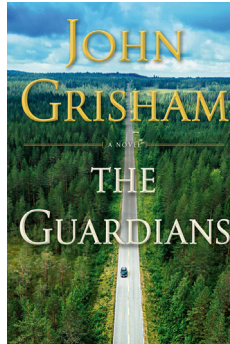
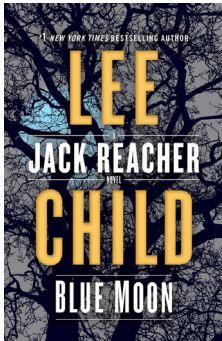
Rowelibrary@gmail.com



“May and October, the best-smelling months? I’ll make a case for December: evergreen, frost, wood smoke, cinnamon.” – Lisa Kleypas, *Love in the Afternoon*

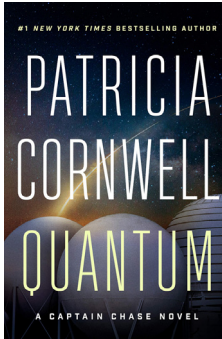
Some New Items This Month

Adult Fiction:



Mystery:

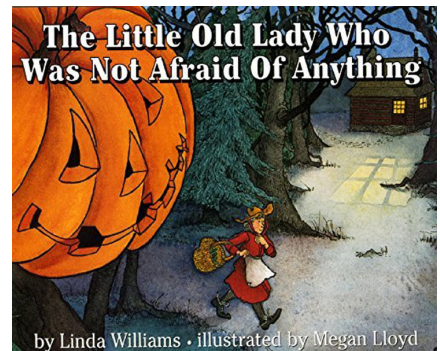
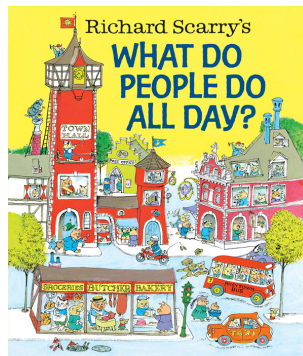
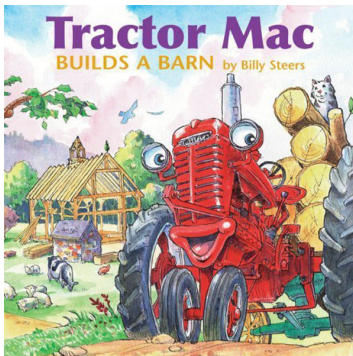
Large Print:



DVDs:



Picture Books:



“The crisp path through the field in this December snow, in the deep dark, where we trod the buried grass like ghosts on dry toast.”

Dylan Thomas, *Quite Early One Morning: Stories*

"At Christmas I no more desire a rose than wish a snow in May's new-fangled mirth;
But like of each thing that in season grows."

- William Shakespeare

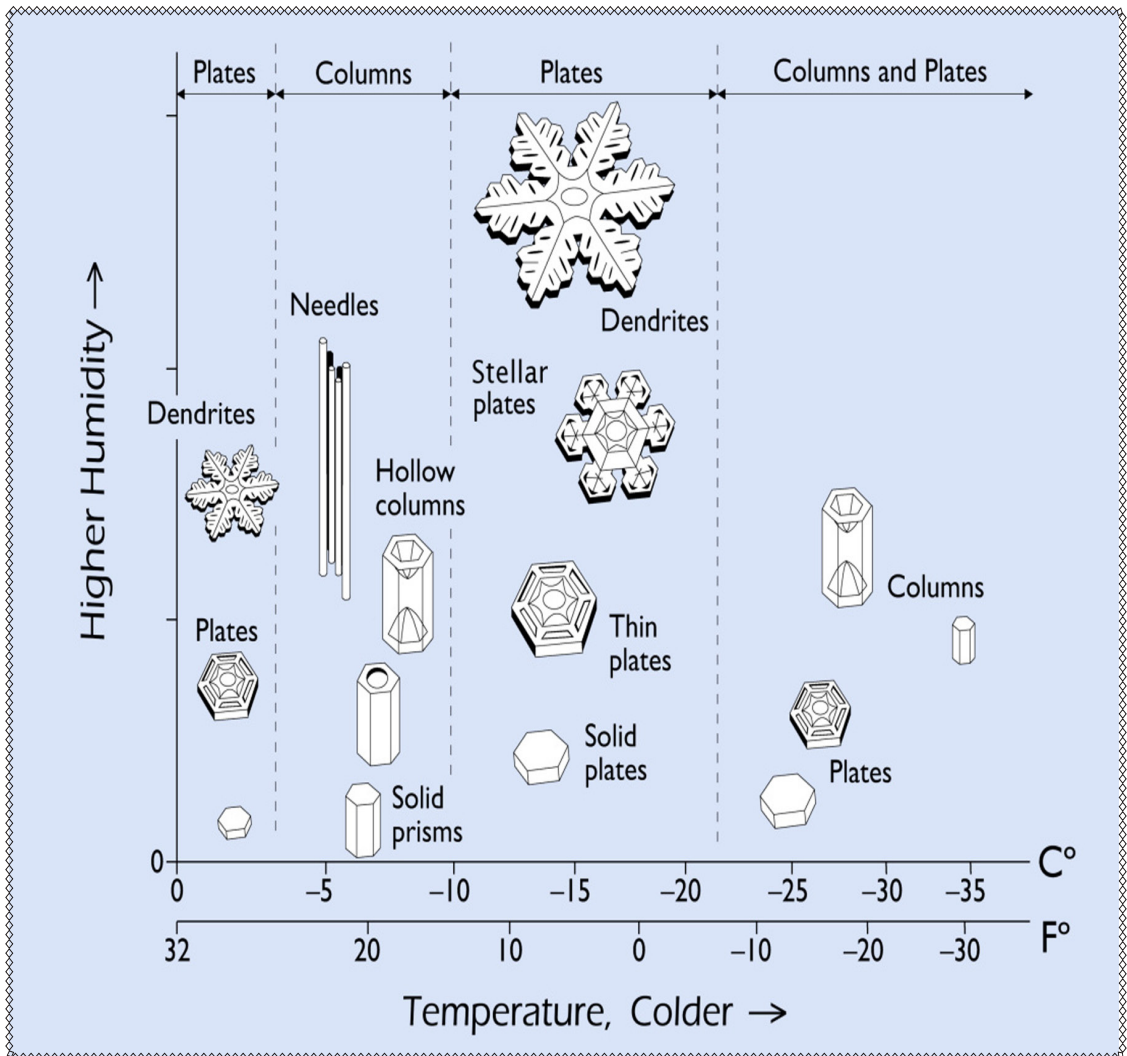


photos by Joanne Semanie

How Snowflakes get their Shapes

-Submitted by Sue Alix Williams

I'm not a huge fan of winter, but I love the first snow of the year. I especially like those big fat snowflakes that come down so slowly. Other times, it snows with a hiss and the snow isn't flake-like at all. On those super cold days, when your nose hairs freeze with every breath, the ground just sparkles with the sun shining off those nice flat flakes that don't melt at all and squeak under your feet as you walk. And how many times have you been out with dark colored clothing and inspected those flakes as they land on your sleeve? If you've ever wondered about snowflakes at all and why they come in the shapes they do, the following chart will help you understand why.



RHS Presents - Winter Arrives

-Submitted by Joanne Semanie



This photograph of the center of town resurfaces time and time again. This time it is because of the ground covered in snow. The image was taken from a field that was once behind the current location of the library looking towards what was then the brand-new Town Hall. The Satinet Factory building can be seen behind the Town Hall, so this was taken between 1895 and 1898. The Gracy House which was originally a tenement for the factory workers is seen looking much as it does today but the barn beyond it is now gone. The small looking building seen in between the Gracy House and its barn is the hearse house with the house on the top of the hill being 7 Middletown Hill Rd. now owned by Sue Williams. At the bottom of the hill is the house now owned by Bernhardtts. In the place where the Unitarian Church now stands is a small building that was moved from the old center at the top of Middletown Hill Rd. to be used as a community gathering center. E.E. Amidon's store is in the forefront. There are very few old photographs of winter in the collections at the museum. There are many, many recordings of how bad the weather was in the diaries and daybooks. Josie Day (who lived in the Gracy House wrote on Thursday Eve. Dec. 7, 1872 "Very cold has it been for some days. Yesterday we had an addition of about ten inches of snow to our 'enough and to spare' before. Tonight the wind is blowing and ere morning the roads will be more than full." She continues, "Wednesday evening the air was very cold. Went up to the Hall with Mr. Ballou's people. 14 of us in all to ride home, we had a jolly time. I had a nice Christmas

present, a severe cold. The room was exceedingly warm and going out into the intense cold was too great a change.”

One can imagine taking the trek to Ford Hall at the top of Middletown Hill on a freezing winter evening. I must say I am hard pressed envisioning 14 people on any sleigh coming back down the hill to get home.

Winter was a slower paced time of year. Social activities were the rule. Events were held often at Ford Hall. Visitors came often, they would come unannounced and stay until they left (not just for hours but for days). Cards and games were played, sewing was done, and probably a good deal of gossip went on.

People took care of each other, watched out for each other, and were willing to help in an emergency. They were also busy with the activities of everyday life; winter was hard so gathering together with your friends and neighbors lightened it up and I’m sure it was the perfect time to complain about the weather.

If you would like to tour the museum or have a special interest in something contact Joanne Semanie at 339-6667 or Wayne Zavotka at 339-0135 and we would be happy to give you a tour or help you find the information you are looking for. In the spirit of gathering during the winter months we also have Soup & Games on the first Monday of the month at 6:00 PM in the Carriage House at the museum



Water and Electrolytes – Important for Health

Submitted by Sheila Litchfield, RN, Town Nurse

Water accounts for about one half to two thirds of an average person's weight. Fat tissue has a lower percentage of water than lean tissue and women tend to have more fat, so the percentage of body weight that is water in the average woman is lower (52 to 55%) than it is in the average man (60%). The percentage of body weight that is water is also lower in older people and in obese people. The percentage of body weight that is water is higher (70%) at birth and in early childhood. A 154-pound man has a little over 10.5 gallons of water in his body: 7 gallons inside the cells, 2.5 gallons in the space around the cells, and slightly less than 1 gallon, or about 8% of the total amount of water) in the blood.

Water intake must balance water loss. To maintain water balance—and to protect against dehydration and medical problems such as kidney stones, healthy adults should drink at least 1½ to 2 quarts of fluids a day. Drinking too much is usually better than drinking too little, because excreting excess water is much easier for the body than conserving water.

The body obtains water primarily by absorbing it from the digestive tract. Additionally, a small amount of water is produced when the body processes certain nutrients. The body loses water primarily by excreting it in urine from the kidneys. Depending on the body's needs, the kidneys may excrete less than a pint or up to several gallons of urine a day. About 1½ pints (a little less than a liter) of water are lost daily when water evaporates from the skin and is breathed out by the lungs. Profuse sweating by vigorous exercise, hot weather, or a high body temperature—can dramatically increase the amount of water lost through evaporation. Prolonged vomiting or severe diarrhea can result in the loss of a gallon or more water in a day.

Maintaining water and electrolyte balance

In the body, several mechanisms work together to maintain water balance. These include the interaction between the pituitary gland and kidneys to trigger thirst and the release of hormones into the bloodstream to stimulate the kidneys to conserve water and excrete less urine.

Electrolytes are minerals in your body that have an electric charge. They are in your blood, urine, tissues, and other body fluids.

Electrolytes are important because they help to:

- Balance the amount of water in your body
- Balance your body's acid/base (pH) level
- Move nutrients into your cells
- Move wastes out of your cells

Make sure that your nerves, muscles, the heart, and the brain work the way they should. Sodium, calcium, potassium, chloride, phosphate, and magnesium are all electrolytes. You get them from the foods you eat and the fluids you drink.

The levels of electrolytes in your body can become too low or too high. This can happen when the amount of water in your body changes. The amount of water that you take in should equal the amount you lose. If something upsets this balance, you may have too little water (dehydration) or too much water (over hydration). Some medicines, vomiting, diarrhea, sweating, and liver or kidney problems can all upset your water balance. Electrolytes can be replaced by drinking water containing added electrolytes. Be cautious however, because some electrolyte water may contain lots of sugar or be too concentrated, which places demands on your body to shunt water to the stomach to help digest that product.



Mill Pond

photo by Joanne Semanie

HERBY BUTTERED BALSAMIC MUSHROOM RAVIOLI

Submitted by Meredith Sokol



A quick cheese ravioli with buttery, balsamic caramelized mushrooms, and fresh garden herbs. When you're in need of an easy, 30 minute dinner, make this ravioli, it's simple, quick, and so DELICIOUS.

INGREDIENTS

2 tablespoons extra virgin olive oil
1 shallot, thinly sliced
1 pound mixed mushrooms, roughly torn or sliced
kosher salt and pepper
4 tablespoons butter
2 cloves garlic cloves, smashed
2 tablespoons fresh thyme leaves
1 tablespoon fresh chopped sage
3 tablespoons balsamic vinegar
1 pound cheese ravioli, homemade or store bought
fresh dill, for serving

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Cook the ravioli according to package directions until al dente. Reserve 1/2 cup of the pasta cooking water. Drain the ravioli.
2. Meanwhile, heat the olive oil in a large skillet over high heat. When the oil shimmers, add the shallots and cook until fragrant, 2-3 minutes. Add the mushrooms and season with salt and pepper. Cook undisturbed for 5 minutes or until golden, stir and continue cooking until the mushrooms have caramelized, 3-5 minutes. Reduce the heat to medium. Add the butter, garlic, thyme, and sage. Cook, stirring occasionally until the garlic is caramelized and fragrant, about 5 minutes.
3. Add the balsamic and a splash (about 1/4 cup) of the pasta cooking water). Cook for a 2 minutes. Remove from the heat and discard the garlic cloves.
4. Divide the ravioli among bowls and spoon the mushroom sauce over top. Garnish with fresh herbs. Enjoy!

From Half-Baked Harvest



SOUP & GAME NIGHT

Mark Your Calendars!

Monday, December 2nd at 6 PM

a monthly event
at the
Carriage House at the Museum.

Come for the food, have a little
wine, play a board game or cards,
make some new friends and
enjoy the dark months.

Food, wine and games provided.

The Rowe Center is pleased to offer residents and those who work for the town the opportunity to experience one of our weekend workshops once a year free of charge. For more information about programs. or to register, please go to our website www.rowecenter.org or call our registrar at 339-4954.

December Programs:

Creating Mandala Art for an Inspired Year with Kathryn Costa

The Healing Magic of Rhythm with Inanna, Sisters in Rhythm with Toni Morrill, Annegret Baier & Shirsten Lundblad

Winter Wonderland: An Adventure in Art Journaling with Suzy Becker

Your Body Tells the Story: How to Connect with Others with Avner Eisenberg

Sudoku

Easy

| | | | | | | | | |
|---|---|---|---|--|---|---|---|---|
| | 9 | 3 | 1 | | 5 | 6 | 4 | |
| 7 | | | | | | | | 5 |
| 5 | | 1 | 2 | | 9 | 3 | | 7 |
| 2 | | | | | | | | 3 |
| | 3 | 6 | 9 | | 7 | 5 | 2 | |
| 9 | | | | | | | | 1 |
| 3 | | 2 | 4 | | 8 | 1 | | 9 |
| 6 | | | | | | | | 4 |
| | 4 | 7 | 3 | | 2 | 8 | 5 | |

BIGFOOT SPOTTED!

Big Foot was sighted crossing the field by Pond Road just north of the intersection of Pond Road and Middletown Hill Road.



A tough call on who spotted Bigfoot first! On the same day both Melissa Quinn and Ramon Sanchez sent me a photo. Congrats to you both!!

- photo by Ramon

December Birthdays

9 - Laurie Ash
 11 - Kristen Johnson
 11 - Jonathan Lively
 12 - Nancy Williams
 12 - Jim Lively
 12 - Danette Reynolds
 13 - Michael Denson
 14 - Barbara Roche
 15 - Leonard Brown
 15 - Craig Brown
 16 - Walter Quist
 17 - Katharine Heiligmann
 17 - Connie Sherman
 20 - Lisa Lamore
 20 - Gary Hudson
 21 - Carlos Heiligmann
 22 - Carol Lively
 22 - Glenn White
 23 - Susan Gleason
 23 - Richard Vega
 24 - James Mckee
 24 - Anne Besgen
 25 - Melissa Houghtaling
 26 - Joyce Boutwell
 28 - Bill Loomis
 28 - Ellen Miller
 29 - Danielle Beaumier
 30 - Alfred Morse
 30 - Deborah Miller

Good Neighbors wishes to thank Claudine Poplawski's 3rd and 4th grade students (and their parents) at Rowe School for their energy, enthusiasm and assistance at our November food distribution.

IT'S STILL HUNTING SEASON!!

Military Deer: Dec. 2-3; Shotgun Deer: Dec. 9-14; Muzzleloader Deer: Dec. 19-20



Great job SILVA Girls!!

Vermont Youth Day was successful for these two. Emily with a 7 pt 132 lb buck and Catie with a 103 lb spike.

A huge thank you goes out to Henry Dandeneau and their dad, Bob!!!

For a frigid day
it turned out beautiful!!!

Rowe Community Church

Submitted by Ros Mullette

Worship Services are held on Sundays at 9:00 a.m.

- Dec 1 #1 Advent Sunday & Observance of The Lord's Supper
- 8 #2 Advent Sunday worship & Praise Service
- 15 #3 Advent Sunday worship & Praise Service
- 22 #4 Advent Sunday worship & Praise Service
- 24 CHRISTMAS EVE SERVICE 7:00pm - All are welcome!
- 29 Worship & Praise Service

Bible studies are held on Wednesdays at 7:00 p.m. and will be held on
December 4, 11 & 18

May you all have a Blessed Christmas & Healthy and Happy new Year!

Avery's General Store is currently sponsoring a food drive to benefit Good Neighbors Food Pantry. See details at the store, and please don't forget to consider making a year-end contribution to our local food pantry. Checks can be made to "Charlemont Federated Church" with "Good Neighbors" in the memo line. Contact Sheila Litchfield with questions 337-4957.



SENIORS

The Council on Aging would like our Rowe Seniors to join us for lunch at the Brew Master Tavern in Williamsburg for a Holiday Luncheon to be held on Friday, December 6th. We will be leaving from the Town Hall at 10:30 a.m. and begin the festivities at 12 Noon. After lunch there are a variety of things to do in the area to finish up your Christmas shopping or just enjoy the beautiful lights and scenery.

Please RSVP by Monday, December 4, 2019 to
Sandy Daviau, Co-Chair -
Phone #413-339-5520 ext. 19.



HEATH, MA

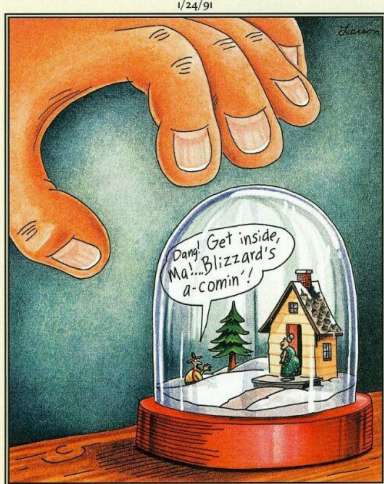
COME VISIT BRANCH VIEW FARM THIS WINTER!

Christmas trees, wreath sales and gift shop with crafts from local vendors
open weekends:

Saturday, November 30 through
Sunday, December 22,
10 a.m. – 4 p.m.

12 West Branch Road
Heath, Massachusetts 01346

branchviewfarm.com



SOCIAL SECURITY SCAM

Your phone rings. The caller ID says it's the Social Security Administration. The person on the line says there's a problem and you need to tell him your Social Security number – or else...

WHAT DO YOU DO?

- NEVER give personal information to unsolicited callers
- Social Security will NEVER call you asking for your Social Security number, ask you to pay anything, or threaten your benefits
- Don't trust your caller ID

Contact the Social Security Administration at 800-772-1213



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General

Town Services

| | | | |
|----------------------------|--|--------------------------|---------------|
| <u>Accountant</u> | Wed | 9:00-12:00 (or by appt) | 339-5520 x12 |
| <u>Admin Assistant</u> | M,T,Th,F | 8:00-12:00,12:30-4:30 | 339-5520 x10 |
| <u>Assessor's Clerk</u> | Monday | 3:30-5:30pm | 339-5520 x15 |
| <u>Fire Station</u> | | Emergency - 911 | 339-4001 |
| <u>Executive Secretary</u> | Mon-Thurs | 9:30-5:00 | 339-5520 x11 |
| <u>Fitness Ctr</u> | Mon-Fri | 8:00-5:00 | 339-5520 x21 |
| <u>FRTA Sr. Bus</u> | Tuesdays | 9:00 | 774-2262 x103 |
| <u>Historical Society</u> | (by Appt) | | 339-4238 |
| <u>Library</u> | Tues, Sat 10:00-5:00, Wed 10:00-8:00 | | 339-4761 |
| <u>Park</u> | Mon- Friday | | 339-8554 |
| <u>Police Dept</u> | Wed | 5:30-7:30pm | 339-8340 |
| <u>Post Office</u> | Mon-Fri 12:15-4:15, Sat 8:30-11:30 | | 339-5390 |
| <u>Rowe School</u> | Mon-Friday | 8:00-3:15 | 512-5100 |
| <u>Tax Collector</u> | Wed | 8:00-2:00 | 339-5520 x19 |
| <u>Town Clerk</u> | M,T,Th,Fr | 7:00-8:00am, 4:30-5:30pm | 339-5520 x14 |
| <u>Town Garage</u> | Mon-Thurs | 6:30-4:30 | 339-5588 |
| <u>Town Nurse</u> | Mon,Wed,Fri | 9:00-5:00 | 339-5520 x20 |
| <u>Transfer St.</u> | Wed 7-10am, 4-7pm Sat 8-2, Sun 8-12 | | 339-0216 |
| <u>Treasurer</u> | Mon 9-1 & by appt | | 339-5520 x16 |

The Rowe Goal Post
P.O. Box 462
Rowe, Massachusetts 01367
Change Service Requested

The Rowe Goal Post

Available on the Town's website (<https://rowe-ma.gov/p/64/Rowe-Goal-Post>)
the first of every month with paper copies sent out by mail the first week

Published by the Board of Selectmen 'in the interest of information
exchange between all departments and all Rowe citizens.

All submissions for the next issue are due by the 25th.
Any articles received after this time cannot be guaranteed that
they will appear in the next issue.

Please e-mail all items to:
GoalPostEditor@gmail.com

Please send only high resolution images (do not resize).

If you have a question about your subscription or want to make a change to the mailing list, please
contact the Town Administrator at:

(413) 339-5520 x11
admin@rowe-ma.gov

Seasonal residents MUST notify the Administrator of any change in address.